

# Sports PACKING CHECKLIST

FOR STUDENTS

## ESSENTIALS

Passport

GHIC

Phone charger

Plug adapter

Some spending money

## HANDY THINGS

Tissues and hand sanitiser

Refillable drinks bottle

Book/games for the journey

## PERSONAL

Any personal medication

Plasters (for any blisters)

Toothbrush & toothpaste

Shampoo

Soap

Hair brush

Sun hat

Sunglasses

Waterproof sun lotion

Insect repellent

Backpack

Notebook and pen

Towel (if not provided by hotel)

## CLOTHING

Match kit

Training kit

Boots/trainers

Waterproof jacket

Comfy clothes for the other activities on your itinerary

Jumper/hoodie/sweatshirt for the evening (even in 'hot' destinations)

Underwear and socks

Pyjamas

Swimwear

## ANYTHING ELSE?

-----

-----

-----

-----

-----

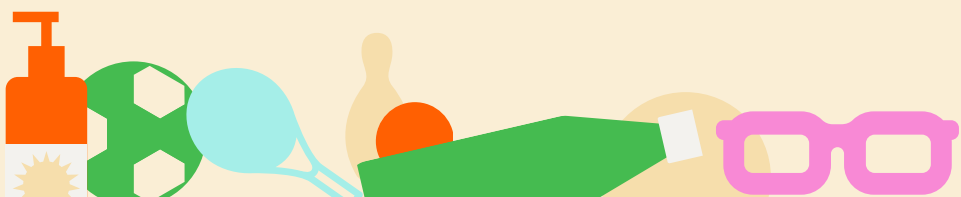
-----

-----

-----

-----

-----



# Sports PACKING CHECKLIST

FOR TEACHERS

## ESSENTIALS

Passport

GHIC

Insurance documents

Passport details for all  
passengers

Your final trip pack, including  
the list of emergency contact  
numbers

Your mobile phone or device  
with the Vamoos app

List of all the passengers,  
preferably on school headed  
paper

List of your group's medical  
conditions and allergies

Mobile phone, charger and  
adapter plug

Any tour awards/trophies

Any training equipment  
required (cones, whistles,  
balls - and an air pump)

## PERSONAL

Any personal medication

Toothbrush & toothpaste

Shampoo

Hair brush

Sun hat

Sunglasses

Waterproof sun lotion

Insect repellent

Backpack

Notebook and pen

Towel (if not provided by  
hotel)

## CLOTHING

Training kit

Boots/trainers

Waterproof jacket

Comfy clothes for the other  
activities on your itinerary

Jumper/hoodie/sweatshirt  
for the evening (even in 'hot'  
destinations)

Underwear and socks

Pyjamas

Swimwear

## HANDY THINGS

Tissues and hand sanitiser

Bin bag to keep the coach tidy

Some emergency snacks and  
water

Refillable drinks bottle

## ANYTHING ELSE?

-----

-----

-----

-----

-----

-----

-----

-----

-----

-----